Common Mental Health Concerns Lesson Worksheet

Name: _____ Date: _____

Instructions: Complete this worksheet as you move through the Common Mental Health Concerns Lesson. You will need to either save the worksheet to your computer or print it out and write in your answers. If you open the worksheet and forget to save it before typing, you will lose all of your work.

1. List four signs or symptoms of depression.
    a. _____
    b. _____
    c. _____
    d. _____

2. List four possible causes of depression.
    a. _____
    b. _____
    c. _____
    d. _____

3. List three signs or symptoms of anxiety.
    a. _____
    b. _____
    c. _____

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4. List two possible causes of anxiety.

    a. _____

    b. _____

5. Signs and symptoms of ADHD fall into these three categories. List the category and give one example of a sign or symptom for each category.

    a. _____

    b. _____

    c. _____

6. List three possible causes of ADHD.

    a. _____

    b. _____

    c. _____

7. List two possible treatments for anxiety, depression and ADHD.

    a. _____

    b. _____

8. List three signs or symptoms of PTSD.

    a. _____

    b. _____

    c. _____

9. Write down one way therapy can help a person with PTSD.

    _____

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